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# Ottawa *metro*

Your essential daily news | WEEKEND, MARCH 11-13, 2016

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## POMP *and* POSSIBILITY

Barack Obama and Justin Trudeau share a toast during the state dinner in Washington D.C. on Thursday.

AFP/GETTY IMAGES



As the Obamas and Trudeaus dine at the White House,  
look at the partnership that could have been

metroNEWS

AFP/GETTY IMAGES

  
**Matt LaForge**  
VIEWS EDITOR  
Metro | Toronto

You can't help but be proud.

Even if you don't want to be.

If you're the kind of Canadian predisposed to be charmed by these two beautiful, smiling heads of neighbouring states standing shoulder to shoulder, flanked by their beautiful, smiling families, alternately snapping on each other and bigging each other up while addressing the world's most consequential problems, then the Trudeaus' date with the Obamas might make you feel as if anything is possible. You only wish they could have more time together.

And if you're not that kind of Canadian, you're still a Canadian. You still want your country to be taken seriously. You still want it to have influence.

So, yes, for the first time, our political culture has produced a figure of sufficient glamour and charisma that a U.S. administration sees advantage in debuting him into society. As others have pointed out, not even Pierre pulled that off.

But also, more important, the normal northward flow of political influence has reversed itself. The U.S. government is suddenly saying it's ready to learn from ours. And, as Canadians all across the political spectrum have long contended, there's a thing or two we could teach them.

More on Trudeau-Obama love-in, page 7



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**GREELY**

## Hazmat team get to work at blaze



**Joe Lofaro**  
Metro | Ottawa

A hazmat team had to prevent dangerous liquids from spilling out of a commercial building in Greely that was engulfed in flames and black smoke Thursday morning.

Firefighters took almost four hours to fully extinguish the blaze at 6786 Hiram Dr. in the city's rural south end.

Ottawa Fire Services said they received multiple 911 calls reporting black smoke spewing from the garage bay doors at 7:45 a.m.

Everyone who was in the building was accounted for by 8:51 a.m., and there were no injuries reported, said Ottawa Fire Services spokeswoman Danielle Cardinal.

Cardinal said she wasn't sure of the name of the business that was on fire but said it housed vehicles and chemicals for car restoration. As a result, the Ministry of Environment's Spills Action Centre was notified.

Black smoke filled the sky around the fire and spread over parts of McKeown Road and Parkway Road, according to the fire service.

The hazmat team had to use "specialized equipment and worked diligently to contain the runoff water from our operations," the release said. The crew later tested the air quality of the building and gave the all-clear.

By 10:58, firefighters confirmed it was clear of any hazardous materials. The Spills Action Centre is still monitoring.

There was no word from fire officials on the extent of the damage to the building and its contents. The cause of the fire is still under investigation.



**A fire in Greely on Thursday.**

SCOT STILBORN/TWITTER

# Missing persons a solo job

**PUBLIC SAFETY**

## Police unit down to just 1 investigator

**Erin McCracken**  
Metroland Media

The temporary reassignment of one of two Ottawa police investigators who handle thousands of missing-person cases

every year has left the unit even more short-staffed than usual.

As a result, Sgt. Reno Rushford, who heads up the unit, and his lone investigator are unable to focus on cold cases.

"If we've got 16 on the board missing ... instead of two people going through and making sure everyone's covered, I've got one person looking at everyone now," said the 29-year force veteran who has been leading the unit for just

over a year.

His reassigned officer, who left late last year to help offset the department's patrol staff shortage, is expected to return in May. In his absence, the small team must rely on other units, such as patrol officers and district investigators.

"In a perfect world, I'd settle for three at the lower end," he said of his need for officers. "I wouldn't mind four, five, six."

Three would mean each officer could get out of the office

and engage with chronically missing youth, who make up the bulk of the caseload.

Building a rapport with those kids considered "frequent flyers" is essential but remains a challenge given staffing limitations.

"Right now, with one person doing over 2,000 missings in a year, you can't get out to do that," Rushford said.

His unit is dealing with "a sizable increase" in cases. In 2014, the unit fielded 2,500 re-

ports, while last year, it dealt with 2,739 cases.

Despite the pressure, there are no immediate plans to add more officers, said Insp. Joan McKenna, who oversees the unit.

"We will always be investigating missing persons to a certain extent but we always have the resources should (the risk factors) escalate to another level," she said. "So we're not going to augment (the unit) at this time."



**OTTAWA VALLEY FARM SHOW A WHEELY BIG EVENT** Kids don't stay strangers for long at the Ottawa Valley Farm Show. Five-year-old Matthew McKenzie and nine-year-old Nolan Dulmage were equally excited to climb all over the massive combine on display at the EY Centre on Uplands Drive on Thursday. EMMA JACKSON/METRO

**ST. LAWRENCE RIVER**

## Officers nab alleged tobacco smugglers

Officials say they've broken up a smuggling operation moving tobacco along the frozen shore of the St. Lawrence River on snowmobiles.

The Cornwall Regional Task Force says officers spotted five snowmobiles pulling snow tub sleds on March 2 and watched as the contents of the sleds were loaded into a cube van near Fraser Point, Que.

Task-force officers intercepted the snowmobile rid-

ers, while Quebec Provincial Police stopped the van and seized 2,678 kilograms of fine-cut tobacco.

A 23-year-old man from Valleyfield, Que., and a 32-year-old man from Les Coteaux, Que., were arrested and facing charges under the Excise Act.

They're also facing charges under the provincial Tobacco Tax Act in Quebec for being in possession of unmarked cigarettes. THE CANADIAN PRESS

### IN BRIEF

#### Suspected flasher returns to pool, gets arrested

Police arrested a man who allegedly exposed himself to a teen girl in the change room of a Gloucester pool last week.

The incident happened March 4 around 2:45 p.m., but the suspect left before police arrived. The man returned Wednesday and was arrested. Georges Gareau, 33, faces one count of indecent act and one count of mischief to property. JOE LOFARO/METRO

**KINGSTON**

## Discovery leads to voyeurism charges

Police in Kingston say a 19-year-old man is facing a voyeurism charge and other counts after investigators received a tip about suspicious activity.

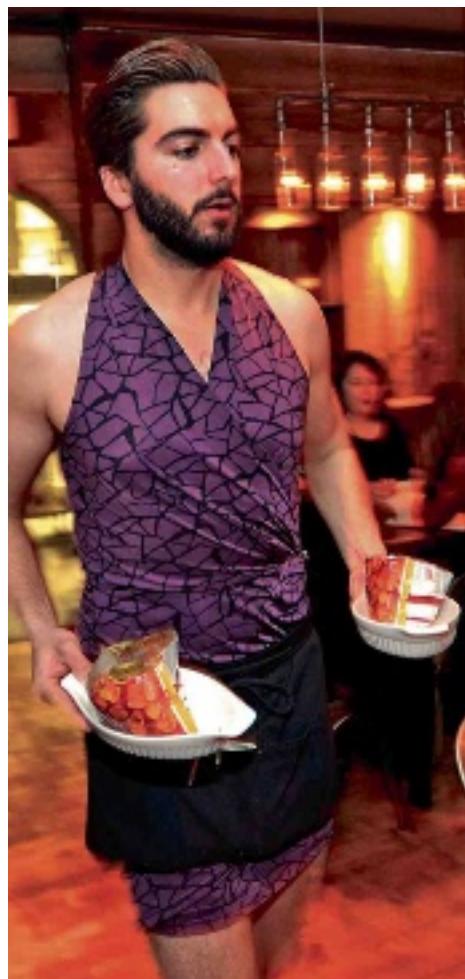
Police say a housemate went into the man's bedroom last month looking for a missing item and allegedly found the personal possessions of two female housemates and what appeared to be surreptitious video-recording devices.

The housemate spoke to the

women about the issue and contacted police who seized video surveillance and computer equipment on March 1.

Investigators say they found video — believed to have been taken last summer in a Toronto home — showing seven women surreptitiously recorded in various states of undress.

The 19-year-old man is charged with voyeurism and two counts each of theft and possession of stolen property. THE CANADIAN PRESS



**EQUALITY MEN SHOW WHAT WOMEN ENDURE** Union 613 staff and co-owner Ivan Gedz, right, work while wearing tight clothes and high heels, during an event highlighting sexist dress codes and discrimination against women in the service industry, Wednesday. JUSTIN TANG/THE CANADIAN PRESS

# Dress code report out of touch with industry: Labour groups

## HUMAN RIGHTS

### Female workers vulnerable to reprisals says union official

Labour groups and some restaurant owners say the Ontario Human Rights Commission's recent report on sexualized dress codes is not entirely in touch with the realities of life in the industry.

They agree with the commission's assertion that restaurants and bars should never force female staff to wear skimpy clothing as part of a work uniform.

But they argue that speaking up against such dress codes, as politicians suggest, wouldn't bring about the change the commission is hoping for.

Instead, they say the woman in question is likely to wind up having her hours reduced or losing her job altogether.

Some also say they worry the report sends a message that revealing clothes are shameful and stigmatizes those who do

choose to wear them.

They say the ideal situation is one in which male and female restaurant staff have an equal choice to wear whatever they want.

The Commission issued a policy paper on gender-specific dress codes Tuesday to coincide with International Women's Day, calling for an end to clothing requirements that discriminate against female and transgender workers.

Chief commissioner Renu Mandhane called on employers to do away with uniforms that reinforce gender stereotypes and decreed the notion that a staff member's worth was directly tied to her appearance.

The paper prompted Ontario Women's Issues Minister Tracy MacCharles to say female employees should feel empowered to speak up and voice complaints if they have concerns about their dress code.

One of Canada's largest unions lauded the commission for flagging the issue for broader discussion, but said the report presents an idealized vision of

life in the restaurant business.

Debora De Angelis, national co-ordinator for strategic campaigns with the United Food and Commercial Workers union, said the business is an inherently unstable one rife with temporary positions offering erratic hours.

Such conditions leave female workers vulnerable to reprisals, she said, adding they also

The policy paper has no mechanism to enforce the standards they're pushing for, she said, adding legislation would be the most effective way to level the playing field.

MacCharles has previously indicated that new laws were not the best way to address the issue, saying she preferred to focus on businesses that were taking proactive steps to imple-

ment because we know there is always more that we can do."

One major chain occasionally criticized for its scantily clad servers has already announced plans to revisit the issue in light of the commission's position.

A spokesman for Earls released a statement saying the dress code is being tweaked to revise the terms of the suggested dress code for women.

Cate Simpson said current rules suggest women wear skirts but can switch to pants upon request.

"We should be wording our suggested dress code as a black skirt no shorter than one inch above the knee or a straight cut plain black pant," Simpson said in the statement.

"We were unaware we were in contravention of the Ontario Human Rights Code until it was released March 8th and consequently female servers will now be offered the choice of pants or a skirt rather than having to request it."

Simpson said the ultimate goal is for uniform suggestions to be the same for both male

and female employees.

Equality is at the heart of concerns one Ottawa restaurant feels about the commission's approach, as well as its attempt to voice those concerns in public.

On Wednesday night, male servers at Union Local 613 donned miniskirts and high heels in part to show solidarity for women who are required to project a sexy image on the job.

But co-owner Ivan Gedz said he's also hoping to combat some of the stigma surrounding people who do opt to wear skimpy attire.

He said the complexity of the issue was brought home to him by patrons who criticized the move, falsely believing he was trying to shame people who choose a more provocative approach to dress.

"In my ignorance, I just assumed it was obvious that the sleazy part was the mandating of this dress code by people, not the dress code itself," he said, adding that staff of all genders should be free to wear what they please on the job.

THE CANADIAN PRESS



**In my ignorance, I just assumed it was obvious that the sleazy part was the mandating of this dress code by people, not the dress code itself. Ivan Gedz**

exacerbate the risks faced by any agitator trying to instigate change in their field.

"When we're going out and we're organizing workers, they know that if they step up and they say something against a policy or against the management's unfair tactics, that they're going to be disciplined or terminated," De Angelis said in a telephone interview.

ment fair policies.

"I am pleased, however, that this issue has been brought to the surface and that the conversation is growing," she said in a statement.

"As the conversation develops, I am committed to continue working with my cabinet colleagues to build on the work we've already done through our Sexual Violence and Harassment

# 'No smoking' will soon mean no vaping or toking

## LEGISLATION

### Rules will ban e-cigs, weed wherever you see the sign

E-cigarette and medical marijuana users in Ontario will soon be banned from smoking or vapourizing anywhere regular cigarettes are prohibited, unless the Liberal government changes its mind — again.

Premier Kathleen Wynne thinks the new rules are common sense.

"We have made a determination that smoking, whatever it is — whether it's vaping, whether it's medical marijuana, whether it's cigarettes — that there should be restrictions on that," Wynne said Thursday. "And so the rules will apply to marijuana, to medical marijuana, to vaping as they do to cigarettes."

The new rules come months after the Liberal government backtracked on electronic cigarette regulations just one day after an exemption for medical marijuana came to light.

The e-cigarette rules were supposed to come into effect Jan. 1 to ban their use in enclosed public places, workplaces and certain outdoor areas.

But after the public learned of a medical marijuana exemption and that it meant users could vaporize in restaurants, at work or on playgrounds, the government put the rules on hold and went back to the drawing board.

The new regulations are now posted for consultation for the next 45 days. Associate Health



**Right:** Owner Jason Vickers exhales vapour from an e-cigarette at PonyBoy Vapes in Waterloo, Ont. TORSTAR NEWS SERVICE

Minister Dipika Damerla would not rule out more changes to the rules after that time.

"We look forward to the feedback and that is the point of consultations," she said.

These regulations have "struck a balance" between the rights of medical marijuana users and all other Ontarians, Damerla said — repeating comments she made about the original set of regulations in November.

Jonathan Zaid, the founder of Canadians for Fair Access to Medical Marijuana, had applauded the original exemption, saying users need their medication to live a better quality of life.

He said Thursday he is dis-

appointed the government has reversed its position.

"I thought the government was willing to work with medical cannabis users to create a regulation and an exemption that works for both the public health and public safety and medical marijuana users, but it seems like this backtrack has kind of made it fully inaccessible for people to use their medicine, which I believe is against their human rights."

The new regulations, which could come into effect July 1, expand the definition of e-cigarette to include "e-substance," expand the list of places where e-cigarettes cannot be sold and set out rules for their display and promotion.

On Jan. 1 it became illegal to sell or supply e-cigarettes to anyone under 19, but the new regulations allow parents or guardians to supply them to minors for medical marijuana purposes.

A vaporizer is defined as an electronic cigarette or other

DAVID COOPER/TORSTAR NEWS SERVICE



device that contains a power source and heating element that's designed to heat a substance to produce a vapour to be inhaled through the mouth.

Vaping advocates say e-cigarettes should be allowed wider use because they help users quit smoking. THE CANADIAN PRESS

## ANIMALS

### Fighting dogs may be saved

The owners of 21 alleged fighting dogs believe they have found a solution to save the animals from a potential death sentence.

Ken Marley, who represents three people accused of running a dogfighting ring near Chatham, Ont., said his clients have agreed in principle to transfer ownership of the dogs to a rescue organization north of Toronto.

"As an interim measure at least, my clients would prefer to see the dogs saved and adopted as opposed to being put down," Marley said.

Several lawyers representing three animal rights and rescue organizations attended court Thursday in Chatham, Ont., in an effort to intervene in an application by the Ontario Society for the Prevention and Cruelty to Animals to destroy 21 dogs it seized from an alleged dogfighting ring last October.

The court appearance was put over to March 18, and that is only to set another date to hear the society's application. Elizabeth Quinto, who represents Bullies in Need, has already filed a motion to intervene with the court.

The OSPCA seized 31 dogs on Oct. 15, 2015, and has already euthanized three of them for medical reasons. The society had members of the American SPCA evaluate the dogs behaviourally and they concluded that 21 of them, all deemed pit bulls, are a menace to society and cannot be rehabilitated.

Community Safety Minister Yasir Naqvi, whose department provides about \$5 million annually to the OSPCA, said the government cannot do anything.

"The government does not have any authority to tell the OSPCA what to do or what not to do," Naqvi said. THE CANADIAN PRESS

## BEACON HILL-CYRVILLE

### Community grieves



**Joe Lofaro**  
Metro | Ottawa

Following three killings on the same street in the past year, residents of Beacon Hill-Cyrville gathered Thursday morning to remember the latest victim, fatally shot outside a high school earlier this week.

Just a few feet away from where first responders performed CPR on Nooredin Hassan, 20, before transporting him to hospital Tuesday evening, a small group of parishioners from Pine Grove Bible Church spoke about "fear" in

the community.

Parishioner Wesley Moore asked that "the love of God would transform this place" during a prayer vigil as others from the church and Coun. Tim Tierney, bowed their heads in silence across from Lester B. Pearson Catholic High School.

Hassan's killing is the city's fifth homicide of the year and the third on Jasmine Crescent since last April. Police have not identified a suspect.

Tierney is calling for "tangible" solutions like increased police patrols and more CCTV cameras. He was to meet with Police Chief Charles Bordeleau on Thursday afternoon.



**Coun. Tim Tierney at a vigil Thursday in memory of homicide victim Nooredin Hassan, 20.** JOE LOFARO / METRO

Gwen Bouchard, co-ordinator at the Gloucester Food Cupboard, said her husband doesn't let her walk alone in the area at night "because that's when things happen."

Police officers paid her volunteers a visit on Wednesday,

but she said police must assure residents they can come forward with information.

"People need to speak up," Bouchard said, "because I'm sure there's people out there who know something or saw something."

## SAFETY

### Ontario legislature starts up armed response unit

Some officers with the Ontario Legislative Security Service will be armed with handguns later this month.

Speaker Dave Levac says the tragic shooting on Parliament Hill in October 2014 prompted a broad review of security at the Ontario legislature.

Starting March 21, the Legislative Security Service will deploy an armed response unit, consisting of a number of officers equipped with holstered handguns, but the exact number with guns on any given day will not be dis-

closed.

The Speaker stopped short of requiring that everyone who enters the Ontario legislature go through a metal detector, instead of just those who want to enter the legislative chamber to watch debates.

Levac says his goal is to balance the need for the legislature to be an open and welcoming place for all while ensuring it is a safe and secure environment.

Armed Ontario Provincial Police officers used to provide security at the legislature until its own security force was created in the late 1990s. THE CANADIAN PRESS



## THINGS TO DO IN OTTAWA THIS WEEKEND

It's sport central over the next three days, but there's still time to drown the shamrock.

HALEY RITCHIE METRO



### 1 Irish festival

Ottawa's Irish Festival kicks off Friday at city hall for the week leading up to St Patrick's Day. On Saturday, head to St. Patrick's Basilica from 1 p.m. to 3:30 p.m. for friendly live entertainment, games, raffles and refreshments. Tickets are \$20 for a family of four. On Sunday, head to Saint Brigid's Centre for the Arts at 310 St. Patrick St. for live Celtic music and breakfast. Adults are \$6 and children are \$4.

All weekend



### 2 Fight night

Friday night is all right for fighting! Head to Little Italy as the contenders for Big Fight Night Round 9 get ready to rumble. The amateur boxing night starts at 7:30 p.m. at St. Anthony Soccer Club, 523 St. Anthony St. Tickets can be purchased for \$15 at Beaver Boxing Club in advance or \$20 at the door at 6:30 p.m.

Friday

### 3 2016 Clarkson Cup

How would you like to pick up some Stanley Cup tickets for \$20? If you still haven't had your fill of winter sports by Sunday evening, head to the Canadian Tire Centre to see the best women's hockey teams on the continent compete for their version of the vaunted cup. Ceremonies take place all weekend but the puck drops at 4 p.m. for the final game at the Canadian Tire Centre on Sunday. Tickets at [thecwhl.com](http://thecwhl.com) and yes, they only cost \$20.

Sunday



### 4 Tim Hortons Brier

Curling mania continues at Lansdowne Park this weekend. The Brier men's curling championship continues until Sunday. Playoffs are Saturday and Sunday, with teams competing for bronze, gold and silver. Qualifying tickets start at \$29.50 and are available at [curling.ca/2016brier](http://curling.ca/2016brier).

All weekend



### 5 Camp Fortune Moguls

Prepare for some impressive skiing this weekend if you head to Camp Fortune for the 40th Canadian Mogul Championships. You can ski and watch the event, since the trails will still be open during the competition, which takes place on the Heggtveit on the Skyline side. A full schedule of competitions, medal presentations and autograph sessions is available at [campfortune.com](http://campfortune.com).

All weekend

#### SCHOOL INITIATIVE

## Collective crunch helps get to core of healthy message



**Lucy Scholey**  
Metro | Ottawa

That big juicy crunch heard in classrooms across Canada on Thursday was part of a nationwide campaign aimed at making noise about healthy eating in schools.

The Great Big Crunch encourages kids to bite into fruits and veggies over highly processed foods.

Though this marks the campaign's ninth year, it's part of a fresh push from Food Secure Canada and the Coalition for Healthy School Food to get a national nutritional food program in schools.

Canada is one of the few industrialized countries without a national school food program, according to Sasha Nicoll, co-ordinator of the Coalition for Healthy School Food.

Currently, there's a "patchwork of programs" in place, she said, which varies between provinces and municipalities.

"Not all kids are being fed," she said, "and that leads to some kids going to school on



**Max Molnar and Sarah Norman**, Grade 5 students at Meadowlands Public School, bite into apples for the Great Big Crunch on Thursday. LUCY SCHOLEY/METRO

an empty stomach and not being able to learn as well as the other kids.

"Where there are healthy school programs, kids are eating more vegetables and fruits, they're doing better in school and they're behaving better. It impacts so much of their lives."

A recent Senate committee report on obesity said the Canada Food Guide needs a refresh.

The Coalition for Healthy School Food is looking to harness that in the hopes that a new national food program

will be included in the federal budget.

Students from Meadowlands Public School joined MPs at the Sir John A. MacDonald Building on Thursday for a unanimous red apple bite.

Sarah Norman and Max Molnar, Grade 5 students at the school, say their teachers have been teaching healthy food habits since the first grade.

"We want to be healthy. We want to be active. We don't want to be a couch potato," said 11-year-old Molnar.

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# Calling all you Ghostheads

BACKSTAGE PASS

## Filmmaker explores the fandom around Ghostbusters



Brendan Mertens loves Ghostbusters.

But not as much as some people.

The 31-year-old Ottawa filmmaker spent nine months travelling around North America, seeking out Ghostbusters super fans like himself for an homage film on his favourite childhood movie. But what he came back with were intimate tales of heartwarming connection and adoration to arguably one of the biggest cult films of this generation. It didn't take long for Mertens' quirky Ghostbusters flick to turn into a serious doc about how a film

franchise became so much more than just a movie.

"What's entertaining is not the fans of Ghostbusters, it's how crazy they can get loving Ghostbusters," says Mertens, explaining how every state and province has their own Ghostbusters chapters — small communities of super fans who dress up and surprise sick kids at hospitals, host fundraisers or put on food drives for disaster survivors. For some, it's about finding friends and being accepted.

"It's about finding yourself. It's neat how (Ghostheads) use the Ghostbusters thing as an identity. It's this weird club where people speak their own language. It's a really neat community."

What started out as a fun little movie about the fandom of a movie franchise has quickly turned into a full-blown doc with the likes of Dan Aykroyd, Sigourney Weaver and Ghostbusters theme song creator Ray Parker Jr.



From left, cinematographer and co-producer Derrick Kunzer, producer Lee Leshen, original Ghostbuster Ernie Hudson, director Brendan Mertens and producer Tommy Avallone pose during a Ghostheads shoot. CONTRIBUTED

But while Mertens interviews the movie's many stars about how important the movies have become to some people, the focus is really on these fans — and their many touching stories of escape, nostalgia or just plain fun.

Like one fan, who uses the Ghostbusters movie to remember his late grandfather, and how the two used to watch the movies to forget about the tougher things in his life.

"As a kid, his parents got

divorced and he was bounced back and forth and eventually had to live with his grandparents," says Mertens.

"That's why he associates Ghostbusters to be so important to him, because it was his grandfather that watched it with him and his grandfather always had time for him. It's not just a movie for him, it's an emotion."

The film quickly garnered serious attention when Mertens put a few clips online.



Ernie Hudson, Dan Aykroyd, Bill Murray and Harold Ramis in 1984's Ghostbusters. COURTESY SONY PICTURES HOME ENTERTAINMENT

and now he's in a rush to get his work-in-progress cut to the Tribeca Film Festival in New York City in late April. Suits at Sony Entertainment are watching closely and Mertens hopes to get a distributor lined up following his showing at Tribeca.

Mertens' film was even mentioned in a recent Rolling Stone article highlighting the New York Film Festival. Yeah, no pressure, Brendan.

"I just want to make the best movie I can make and tell the best story possible," says Mertens, who truly fell in love with the many super fans he encountered while shooting. The journey has even made him love Ghostbusters even more than he did before,

something he didn't think was possible.

"I'm a total Ghosthead and an even bigger one now that I have gotten to know these people in such an intimate way through all these interviews."

The last time you saw Mertens in the local media, he was donning his Ghostbusters proton pack and harassing Bay Ward candidates Mark Taylor and Michael Bastien during a Rogers TV debate last election. The next time you see him, he may still have the proton pack, but he'll be on the red carpet of some major film festival, like Tribeca in mid-April.

If you're seeing things running through your head, who you gonna call?

**It's this weird club where people speak their own language.**

Brendan Mertens on Ghostbusters fans



1



2



3

## POLITICS

# Justin's appeal a benefit to coalitions

**Matt Laforge**  
Metro | Toronto

If you're the kind of Canadian who believes ardently in the Trudeau government and the policy agenda it represents then your hopes for the aftermath of the Obama love-in are sky high. You want to believe that the prime minister's international celebrity is built to last; that all of this really does mean that "Canada is back."

And if you're not that kind of Canadian, you still have to acknowledge that all this means something.

First, the fact that the most influential left-of-centre entity in all of western democracy, the Democratic party, has attached itself to Trudeauism means that the party sees the prime minister as capable of uniting coalitions and punching above the weight of his small country.

And that, in turn, means that the job of being Trudeau's political opponent here at home just got a lot more complicated, if not a lot more difficult. If taking the Liberal government to task on ISIL or on the budget was already coming at the cost of looking like the last person to get with the times and enjoy the party, now doing so also amounts to a repudiation of a U.S. president who may be a lame duck but who is still very popular in Canada and whose ally and heir-apparent, Hillary Clinton, is still the favourite to become the next president.

That doesn't make Trudeau bulletproof, but it does make our politics more internationally consequential.

# 'About time, eh?': Obama

## INTERNATIONAL RELATIONS

### U.S. delights in first official visit by a PM in nearly 20 years

A warm moment in Canada-U.S. relations unfolded on the White House lawn Thursday — one marked by big fanfare and a plan to see U.S. President Barack Obama address Canada's Parliament before he leaves office.

The day began with an elaborate bit of bilateral cinematography: a military brass band, a cannon salute and hundreds of flag-waving onlookers greeting Prime Minister Justin Trudeau, in town for the first state dinner involving a Canadian in 19 years.

The leaders greeted members of the crowd, many of them clutching miniature Canadian

and U.S. flags, along the rope line while their wives chatted nearby.

At a separate event, Michelle Obama introduced her counterpart Sophie Gregoire-Trudeau as her "soulmate." Gregoire-Trudeau returned the favour as the two were walking away: Obama tripped on a heel and Sophie helped break her fall.

"We are very proud to welcome the first official visit by a Canadian prime minister in nearly 20 years. About time, eh?" Obama said.

"We have a common outlook on the world, and I have to say I have never seen so many Americans excited about the visit of a Canadian prime minister."

Indeed, the two leaders went out of their way to project amity: Trudeau described the president

as "My friend" and "Barack." Obama said people were inspired by his message of hope and change.

The substance of the visit contained no major surprises.

The leaders agreed to move forward with a customs pre-clearance experiment that could revolutionize the Canadian border.

They agreed to curb methane emissions as part of a wide-ranging plan on climate change and Arctic protection. And they expressed optimism that

a compromise could soon stave off a new round in the ongoing softwood lumber war.

The biggest news out of the event that American media will certainly seize on was the president's extended riff on the

rise of Donald Trump.

American reporters had been trying to draw Trudeau into commenting on the U.S. election and he avoided getting involved.

Obama showed no such compunction, ridiculing Republicans while also echoing Trudeau's message from the night before: that the solution to the challenges of globalization is openness, not isolation — a jab at the election talk of expelling Mexican migrants, banning Muslim travel and ripping up trade deals.

Trudeau later received extended applause by a crowd at the State Department, where before lunch Secretary of State John Kerry saluted him for bringing in 25,000 refugees and leading the charge on climate change.

Obama said he would to speak to Parliament in June, the first such event featuring a president since the 1990s.

THE CANADIAN PRESS

**From my perspective, what's not to like?**

Barack Obama on Trudeau

## FAMILY TRAGEDY

### Toddler dies hours before her sister is born

 **Thandi Fletcher**  
Metro | Vancouver

A Surrey mother whose toddler died the same day she gave birth to a new baby says she feels like she's living a nightmare and can't wake up.

March 3 started out as a typical Thursday for Megan Carbonetto.

Around 7 a.m., she went to wake her three young daughters, including 14-month-old Sarah, to get ready for the day.

That's when the horror began. No matter how hard she tried

to wake up her youngest, who was tucked between her two sisters in bed, the toddler wouldn't open her eyes.

"She just looked like she was sleeping, but she wasn't waking up," a tearful Carbonetto told Metro.

The next few moments were a blur.

After calling 911, Carbonetto's sister-in-law then performed CPR on Sarah's lifeless body until paramedics arrived and took over, transporting her to hospital.

But their efforts were futile. The coroner later told Car-



**Baby Zipporah was born in Surrey on March 3.**

COURTESY MEGAN CARBONETTO

bonetto that Sarah had likely already died sometime during

the night. The cause of death was unknown.

But the nightmare wasn't over yet.

While talking to RCMP officers the same day, Carbonetto, who was 33 weeks pregnant, said the stress sent her into early labour. Around 9 p.m., she gave birth to a baby girl.

"Within a 12-hour period, I have lost a child and gained another," she said.

"I feel so guilty because I feel like right now I should be mourning the loss of my child, but then I feel like I'm being selfish because the baby needs me as well."

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## FLORIDA

**Gun fan shot in the back**

A northeast Florida woman whose four-year-old son accidentally shot her in the back while they were travelling in her pickup is apparently a gun lover who made numerous social media posts about gun rights.

A community Facebook page listed under Jamie Gilt for Gun Sense was filled with posts advocating for gun rights. One quote says "My right to protect my child with my gun trumps your fear of my gun."

The Associated Press was unable to verify whether the page, which has since been taken down, belonged to Gilt. A person who answered the phone at her house on Thursday morning declined to comment.

Putnam County Sheriff's investigators were trying to determine how the boy got his hands on the gun they say he used to shoot his mother.

Jamie Gilt, 31, of Jacksonville owns the .45-calibre gun the boy fired on Tuesday afternoon, Putnam County Sheriff's Office spokesman Joseph Wells said.

Wells said a deputy saw her behaving frantically inside the truck, which was stopped partially in the road. The deputy then saw she'd been shot in the back and the bullet had exited from her stomach area.

Gilt told deputies her son had accidentally shot her. She was taken to a hospital and was in stable condition, but investigators had not been able to interview her, Wells said.

THE ASSOCIATED PRESS

**IN BRIEF****Snickers go up in smoke in Palestine after recall**

Fifteen tonnes of Snickers bars have met a sticky end in Gaza. Hamas authorities hurled boxes of the peanut chocolate candy bar into a bomb crater Thursday, dousing them with diesel and lighting them in a crackling bonfire following a company recall.

Mars recalled sweets from its Netherlands factory last month after "a small piece of red plastic" was found in a Snickers bar. THE ASSOCIATED PRESS

**U.S. military employees contract Zika virus**

The top U.S. military commander for South America says two U.S. military members were diagnosed with the Zika virus, but have recovered and are back on duty.

THE ASSOCIATED PRESS

# Obama: Republicans are reaping what they sowed

## UNITED STATES

**GOP 'crackup' down to years of rhetoric, says president**

Years of Republican hardline politics and divisive rhetoric have spawned Donald Trump and the "crackup" of the GOP, U.S. President Barack Obama said Thursday, scoffing at the notion that his actions or policies were to blame for the charged political climate.

At a Rose Garden press con-

ference, Obama laid the responsibility on Republican leaders, who tolerated "maximalist," uncompromising politics and created an environment where "somebody like Donald Trump can thrive."

Obama appeared primed to get his thoughts off his chest, noting he's repeatedly been asked whether he accepts blame for the climate. He finds that idea "novel," he said.

"What I'm not going to do is to validate some notion that the Republican crackup that's been taking place is a consequence of actions that I've taken," he said. "I don't

think I was the one to prompt questions about my birth certificate, for example. I don't remember saying, 'Hey, why don't you ask me about that?'

The president argued that Trump, the billionaire frontrunner for the GOP nomination, is not an outlier. He said Trump's policies, particularly on immigration, are not so different from proposals of rivals Marco Rubio and Ted Cruz.

As Obama spoke at the White House, GOP candidates were preparing for Thursday's debate in Miami and high-stakes elections in Florida and Ohio next Tuesday. Meanwhile,

anxious Republican officials were coming to terms with the idea that Cruz — their second-least-favourite GOP presidential candidate — may be the only chance to stop Trump's march.

Trump renewed his vigorous criticism of Texas Sen. Cruz, casting the rival he calls "Lying Ted" as too polarizing to break the Washington gridlock or win a general election.

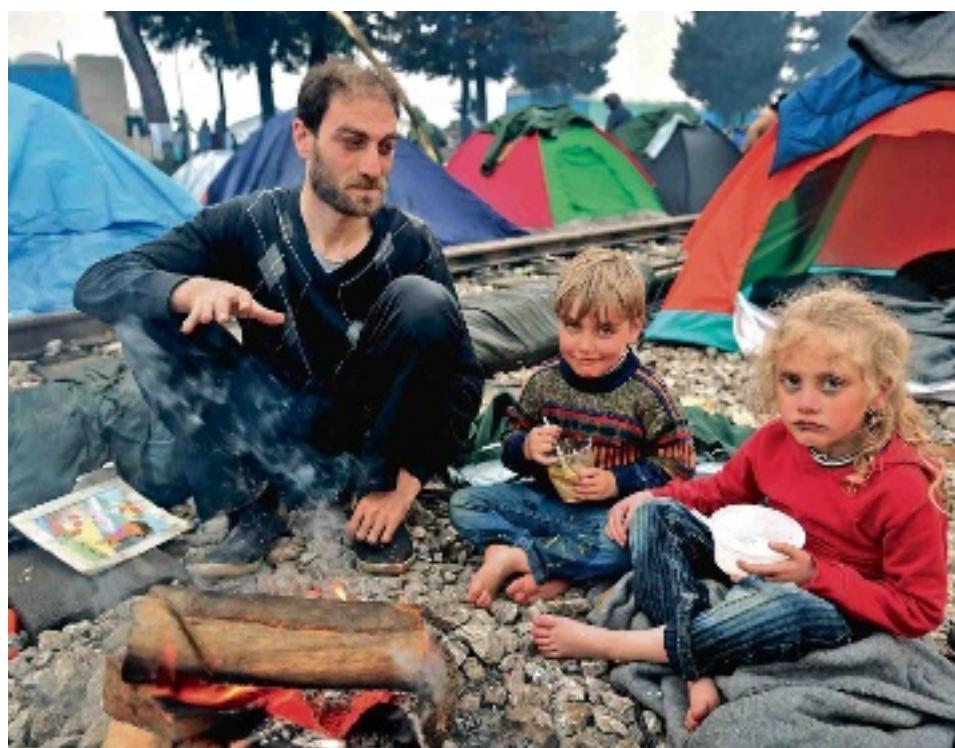
"The problem with Ted is that he'll never get anything done," Trump told CNBC.

"And the bigger problem is that it's impossible for him to get elected."

THE ASSOCIATED PRESS



**U.S. President Barack Obama.**  
AFP/GETTY IMAGES



A Syrian father and two of his children get warm by a fire between train tracks at the Greek-Macedonian border near the Greek village of Idomeni. AFP/GETTY IMAGES



Conditions in the camp on the Greek-Macedonian border deteriorated after heavy rains. VISAR KRYEJU/THE ASSOCIATED PRESS

**REFUGEE CRISIS**

## Camp conditions worsen as migrant trail closes

**1 million**

Number of people that have come to Europe in the past year, most by boat from Turkey to Greece.

Desperate migrants and refugees piled up Thursday in fetid fields of mud at a closed border crossing as officials warned that a well-trodden route to Europe used by hundreds of thousands in the past year was no longer available.

At the same time, the flow continued to the Greek islands by boat from Turkey, either by those who have not heard the Greece-Macedonia crossings are no longer open, or by others who hope the closure is temporary.

With the closure of the migrant trail through the Balkans from Greece to more prosperous countries, concern also mounted that people desperate for sanctuary or jobs in Europe are already turning to smugglers to find other pathways.

Government ministers and experts say that Albania, Hun-

gary, Bulgaria and Romania could become alternate tracks, and officials in Spain are in contact with Algeria and Morocco to try to stop new routes from opening there.

when their speedboat sank Thursday off Turkey's western coast en route to the Greek island of Lesbos. Nine people were rescued from the boat, which was carrying Afghans and Iranians, the agency said. Nearly 42,000 people are

stranded in Greece, including 14,000 camped in the mud near the Idomeni crossing with Macedonia. Nearly three days of rain finally ended, but that did little to lift the misery for those staying in donated pup tents in nearby fields and along railway tracks.

Long lines formed for sandwiches, tea and soup at the Idomeni camp, which long ago surpassed its capacity. Others warmed themselves at fires using what dry wood they could find, or they poured oil on sodden logs to get them to burn.

The fields have grown increasingly fetid, with pools of water and deep mud that sucks the shoes off children. People dragged their muddy tents to new locations, looking for a dry patch of ground.

Some people gave up and boarded buses for refugee camps in and around Athens. "May God take his revenge on them — everyone who did this to us — from whatever country they come from," said Raife al-Baltaji, a Syrian from near Aleppo, as she waited for a bus with her family.

THE ASSOCIATED PRESS

# Meat — no animals required

## FOOD

## Henless eggs, cowless milk, pigless pork in five years

The future of food may be the stuff of dreams for those vegans and vegetarians secretly pinning for a bacon cheeseburger washed down with a creamy milkshake.

Science is poised to alleviate the guilt associated with such feasts by changing how meat, milk and other animal products arrive on dinner plates, with some companies aiming to almost eliminate the need for hens, cows and other animals in the food-supply chain.

Henless egg whites, cowless milk and practically pigless meat are projected to appear in grocery stores as early as five years from now via cultured food, in an effort to reduce factory farming.

"Animal culture right now is extremely detrimental to animals, human health and the environment," said Isha Datar, CEO of New Harvest, a



**Professor Mark Post of Maastricht University in the Netherlands unveils a burger made from cultured beef.** By changing how animal products arrive on dinner plates, companies are aiming to eliminate the need for hens, cows and other animals in the food-supply chain. GETTY IMAGES

non-profit U.S. research organization that's funding this type of innovation.

Animals often suffer in factory farm conditions, humans can be exposed to viral outbreaks like swine flu from farm

animals and an abundance of land and water is required to produce a comparatively small amount of meat, the company points out in a takedown of the farming status quo on its website.

"We need to start thinking about ways in which we can decrease our dependency on it," Datar said.

The solution as New Harvest sees it? Cellular agriculture or, more simply put: harvesting the



## CULTURED FOOD

### Beef hamburger

One group of researchers made a cultured beef hamburger by extracting muscle tissue from a cow. That hamburger cost \$475,000 to create. One piece of muscle tissue can create more than one trillion strands of replica muscle tissue. Those are layered to create beef.

### Egg white

Clara Foods is attempting to create a hen-free egg white that CEO Arturo Elizondo says has lots of protein with virtually no fat, cholesterol or carbs.

animal products many humans drool over from cell cultures rather than whole animals.

Some, like milk, can be made using microbes, like yeast or bacteria — no animals required. Others, like beef, can be grown using living or previously living cells from animals.

THE CANADIAN PRESS

# Facebook case in top court

The Supreme Court of Canada has agreed to hear an appeal in a case which pits a British Columbia woman against social media giant Facebook.

Deborah Louise Douez sought to file a class action against Facebook over its so-called sponsored stories.

When a Facebook member presses the "Like" button on a post associated with an entity that has purchased the sponsored stories service, an ad with the member's name and portrait was sometimes displayed on the newsfeeds of that member's friends.

Douez called that a violation of the Privacy Act because she was not notified about the ad.

The B.C. Supreme Court approved the suit, but the provincial Court of Appeal stayed the case because Facebook's terms of use specify that any such actions must be heard in California, where it has its headquarters. As usual, the Supreme Court gave no reasons for agreeing to hear the appeal.

THE CANADIAN PRESS

## RECALL

### Glass bits found in Delissio frozen pizzas

Two batches of Delissio's frozen pizza are being recalled because they may contain bits of glass. Nestle says the glass may be from spinach that was a common ingredient.

Nestle Canada says it's recalling one batch of Vintage Tuscan Style Chicken pizza and one batch of thin-crust pizza with tomato and spinach, both under the Delissio brand name.

THE CANADIAN PRESS

## market minute



### DOLLAR

74.93¢ (-0.54¢)

TSX 13,379.14 (-13.76)

OIL \$37.84 US (-45¢)

GOLD \$1,272.80 US (+\$15.40)

NATURAL GAS: \$1.788 US (+3.6¢)  
DOW JONES: 16,995.13 (-5.23)

# 33%

The percentage of Canadians in a poll done for BMO who expect to save or invest a tax refund. Other top uses: paying down a mortgage (16 per cent), home renovations (14 per cent) and travel or leisure (13 per cent).

## Blowing tax refund a bad idea: Expert

You might be feeling pretty good about that contribution to the RRSP account and may be daydreaming a little about how you're going to spend the tax refund. But investment experts say people should think twice before blowing that cheque from the government on a new television or a quick weekend getaway.

"What you have to remember is that it's not actually a windfall, it is money that you've paid in taxes that you're getting back for funding your retirement," said Larry Moser, divisional manager for BMO Investorline.

He said people need a strategy for the money, whether it is investing it or paying down debt, depending on financial circumstances.

For those with high-interest debt, such as credit card debt, Moser says that would top his list for uses of a tax refund.

When making an RRSP contribution, people aren't avoiding tax on their contributions,

they're only delaying it. The advantage comes from the tax sheltered growth and it is likely people will be in a lower tax bracket in retirement when they withdraw the money than when they earned it.

However, advisers say people need to remember that they will pay tax on the money when it is withdrawn. That means \$100 in an RRSP does not necessarily mean \$100 in your pocket when you take the money out of the account in retirement.

Personal finance author Talbot Stevens says investors

need to understand the difference between before-tax and after-tax dollars when it comes to their RRSP accounts.

Stevens, author of the Smart Debt Coach, recommends people invest their tax refund and more to help make up the difference, suggesting that Canadians need to top up their RRSP contributions by 25 per cent to 100 per cent.

THE CANADIAN PRESS



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SCIENCE FRIDAYS

DECODED Global health convergence

## CAN SCIENCE SAVE 10 MILLION LIVES?

Climb into your time machine. Step out in 2035. Picture this: The major causes of preventable death among the world's poor have been knocked down by 90 to 95 per cent. A group of experts has published a plan to do exactly that in a collection of papers out this month from the Public Library of Science. The cost? **\$70 billion** per year. The return? A little more than **10 million lives** saved annually. That's assuming, with the world's largest dose of elbow grease, the best health successes of the recent past can be repeated everywhere. It's the longest of long shots. **Here's how it could be done.**

### CARE FOR MOMS & KIDS

Giving birth is dangerous business. Being a newborn is even riskier. If every new and expectant mother and every child under five had access to adequate medical care by 2035, **7.5 million** lives could be saved per year.

#### WHAT IT WILL TAKE

Child mortality is way down, but a major scaling-up of basic lifesaving tools is still needed. Every kid needs their essential vaccines, access to rehydration treatment for diarrhea — a huge killer — and bed nets if malaria is a risk. Women need reliable family planning and a skilled doctor or midwife with them when they give birth.

### CONTROL INFECTIOUS DISEASES

Humanity's greatest enemies are also its tiniest: HIV/AIDS, malaria, tuberculosis and neglected tropical diseases. With a massive treatment and prevention effort, by 2035, **1.8 million** adult deaths from HIV/AIDS and **970,000** from TB could be prevented every year.

#### WHAT IT WILL TAKE

Get anti-retroviral drugs to people with HIV/AIDS who need them, diagnose TB early and improve access to antibiotics and educate the public about how diseases spread. Medicate people en masse who live in areas with rampant, treatable tropical diseases like hookworm.

**"(There are) no quick fixes. Lowering maternal and newborn mortality ... requires a functioning health-care system."**  
— Ann Montgomery, Canadian midwife practicing in the Democratic Republic of Congo

### TAP INTO TECH

Researchers found, crucially, that an enormous investment in current tools and technologies would achieve **two-thirds of the improvement** needed to reach the goal of saving 10 million lives by 2035. Beyond that is where the dreaming part comes in.

#### WHAT IT WILL TAKE

The highlights of the global-health wish list: Excellent vaccines for TB and HIV; a one-pill cure for malaria; rapid, simple tests for deadly pregnancy complications. Currently, just one to three per cent of health research money is devoted to the five biggest killers of poor people. That will have to change.

### STRENGTHEN HEALTH SYSTEMS

In the words of public-health guru Peter Hotez, "New tools will not deliver themselves." Strong health-care systems are the final piece of the puzzle.

#### WHAT IT WILL TAKE

This is where an emerging area of research comes in: The science of scaling up and delivering health services. In just one example, this kind of research in Mexico led to a system where mothers were paid cash to come to vaccination, family planning and nutrition clinics. The result was a reduction in the number of kids with stunted growth.

**NOT SO FRESH**  
The oldest pine fossil ever found — from 140 million years ago, when dinosaurs dominated — has been dug up in a Nova Scotia quarry.

**FINDINGS**  
The week in science

#### Fertile research

British scientists have learned that many women who suffer recurring miscarriages — a longtime medical mystery — have too few stem cells in the lining of their wombs. (Such cells help rebuild the lining every month into a cushy place for an embryo). A simple fix could help some women: "Scratching" the inside of the womb, with a thin bit of plastic inserted through the cervix, to stimulate healing and cell regeneration.

#### Thank goo we're here

Are you a simple, single-celled bacterium? Are you algae? No? You have your ancestral protein-kinase-encoding gene to thank. Researchers at the University of British Columbia believe they've identified the gene, shared by all complex living things, that first allowed for the evolution of multicellular life forms — plants, animals, and eventually, us. The gene is a blueprint for molecules called protein kinases, which help cells co-ordinate with one another. It arose because of changes to DNA that happened about a billion years ago in a primordial pool of pond scum.

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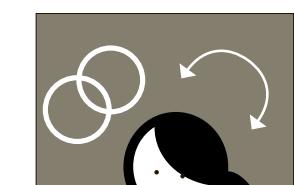
**It's the underlying concept** that explains this: Out in space, when a small blob of dark matter collides with a mini "dwarf" galaxy, the massive exertion of gravity creates a cataclysm of dust and gas that triggers a starburst — the birth of many stars at once.

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#### Citizen Scientist

### Can I starve cancer with a strict diet?

#### QUESTION

I read that the ketogenic diet fights cancer. A cure in plain sight? — Amit, Vancouver

Dear Amit,

Cancer sucks. I wish there were an all-purpose cure.

Cancer cells use tons of glucose to grow and divide and your body makes glucose from carbs you eat. So it follows the ketogenic diet (KD) — uber-

low-carb, high fat, high protein — could impede cancer. In other words, the process of how it works (the mechanism) is logically plausible.

That's what makes it different from something like, say, crystal healing. Even if you feel better after, the fact that someone balanced a quartz on your head or whatever is likely not why. The proposed mechanism (manipulation of energy

currents) is bonkers.

Reviews of the research show KD is associated with increased survival and reduced tumour growth. But nearly all studies looked at **cancer in lab mice**. Reliable evidence of its efficacy in people doesn't exist yet. So it's definitely not a substitute for cancer treatment.

Though human clinical trials are in the works, I found only a smattering of published

studies. A 2011 paper looked at 16 adults with advanced cancer (too few to draw general conclusions). On KD, six patients had reduced symptoms. Two died. And the rest decided to quit before the three-month study was over. No surprise: Many cancer patients, owing to the "wanting to barf 24/7" thing, can't face food, period, let alone KD's menu of avocados, bacon, olive oil and all.



Mary Elizabeth Winstead plays a young woman trapped in a bunker with a sinister survivalist (played by John Goodman) in **10 Cloverfield Lane**. CONTRIBUTED

## Our obsession with doomsday

### END OF THE WORLD

#### **10 Cloverfield Lane** is the latest film that plays on anxiety

**Richard Crouse**  
For Metro Canada

Los Angeles is a sun-dappled utopia with a Mediterranean climate, palm trees as far as the eye can see and only 35 days of precipitation annually. It's a sprawling Garden of Eden, with pockets of paradise connected by an interweaving series of freeways. Think year-round sun tans,

flip-flops and driving the convertible with the top down.

So why, when such natural beauty surrounds it, does Hollywood seem obsessed with stories about the end of the world? Could it be it's because they live above the San Andreas Fault, an inner earth rupture that issues occasional rumblings that threaten to drop much of Southern California into the Pacific Ocean? Perhaps it's because it's the home of Kim, Kourtney and Khloé, an alliterative television family who seem to be a harbinger for the dissolution of society.

Whatever the reason, in movie after movie Hollywood hands us terrifying visions of what the world will look like when the Kardashians are done with it.

This weekend **10 Cloverfield**

### MOVIE RATINGS by Richard Crouse

**10 Cloverfield Lane** ★★★★  
**The Little Prince** ★★★★  
**Born to be Blue** ★★★

**HOW RATING WORKS**  
★★★★ SEE IT  
★★★ WORTHWHILE  
★★ UP TO YOU  
★ SKIP IT

Lane, which producer J.J. Abrams calls a "blood relative" but not a sequel to his 2008 monster flick **Cloverfield**, sees Michelle (Mary Elizabeth Winstead) trapped in an underground bunker with a sinister survivalist played by John Goodman. Outside, he says, an attack is about to leave the world uninhabitable. "Something's coming," he hisses.

What exactly is happening outside the bunker's walls is un-

clear. Whether it's nuclear fallout, an unexpected ice age or a zombie holocaust that brings about the end, the post apocalyptic feel of **10 Cloverfield Lane** is just the latest attempt by the film biz to tap into the world's general feeling of unease.

In 1959 bright and sunny Hollywood offered up a scary story that set the date for the end of the world just after World War III in 1964. In **On the Beach**,

nuclear war has destroyed all life on the planet save for a small enclave in Australia, but even they will succumb once the radiation clouds drift by. As doomsday dramas go this one is particularly depressing — for example people gobble up "suicide pills" — but its Cold War commentary led one writer to label it "the most important film of our time."

Not all end-of-the-world scenarios are as grim as that, however. Seeking a Friend for the End of the World's set up sounds bleak but it's actually amusing and inventive.

Three weeks before a giant asteroid is scheduled to collide with earth, Dodge (Steve Carell) and his flaky downstairs neighbour (Keira Knightley) head out of town, looking for meaning in

a world that soon won't exist. It's a low-key movie that could have been a broad comedy, but instead chooses for a more modest, heartfelt approach.

Sometimes the end of the world is appealing; cute even. **WALL-E**, the story of a lonely, but adorable, robot who inadvertently gives humankind a second chance, is aimed at kids but doesn't look like any other kid's movie you've seen. Don't expect the same old from Pixar. It's ambitious and beautiful like **2001: A Space Odyssey** for children.

With such a range of dystopian stories to mine it seems sunny Hollywood just might produce dark visions of our planet until the end of the world comes for real.

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Ethan Hawke, who plays trumpet player Chet Baker in the new biography *Born to Be Blue*, says artists are able to turn suffering into something beautiful and relatable. CONTRIBUTED

# 'Self-destruction is a real enemy'

## BORN TO BE BLUE

### Ethan Hawke stars as tragic musician Chet Baker in biopic

**Richard Crouse**  
For Metro Canada

In *Born to Be Blue*, a stylish new biopic about the turbulent life of My Funny Valentine trumpeter Chet Baker, Miles Davis tells the horn player, "You haven't lived enough" to be a great musician.

When I ask Hawke if great art can be created without life experience, he says, "My take is that there are no rules, but you don't become Nelson Mandela without suffering. There is a huge myth around Mozart that he was just divinely inspired. In

truth, he worked really hard. He was obsessed with music from a very young age.

"You could make the case that Michael Jackson suffered immensely and that is part of what drove him. I think the service of the artistic community is to translate our lives back to us and hopefully to lend some understanding. You need to participate in life and feel life to be able to do that. But you know lots of people suffer without a gift or talent to translate it into a beautiful painting."

Baker took Davis's comment to heart and set off on a lifelong self-destructive bender that saw him fall into drug addiction, even pawning his instruments to support his drug habit.

"In the arts, self destruction is a real enemy," Hawke says. "If you eliminate self-destruction, if you get out of your own way, give yourself permission to have respect for yourself and treat

yourself like someone that you love, your chances of success quadruple. That's really hard.

"It sounds so simple. The documentary I made [Seymour: An Introduction] is all about how hard that is. The joys of life are actually really simple. We think they are going to be, 'Oh I'll be happy if this, that and the other thing [happen].' In truth it is pretty awesome that the sun comes up and if you stay focussed on that, things go OK. As soon as you take your eye off that, life gets really weird and tricky."

Hawke shares Baker's rough-hewn good looks and does a convincing job of imitating the fragile beauty of his singing voice. More importantly he apes the addict's temperament. Charming one minute, petulant and/or incoherent the next, he plays Baker as a talented train wreck; a man whose tragic life experience fed his art. Unsure

which of his proclivities are his angels and which are his devils, he's a conflicted guy who tries to do well by those around him but often fails. Hawke may resemble the musician but the similarity is only physical. He is comfortable in his skin in a way Baker never dreamed of.

"It's strange, I'm turning 45 this year," he says, "and I have been professionally acting for 30 years. When I was young I was really afraid that I wouldn't get to do it. That was a big part of my identity as a young person. Even if a movie did well, I would think, 'Is it over? Will I ever get to do it again?' It's how I imagine baseball players and professional athletes feel. Do they ever really know when their last game is?"

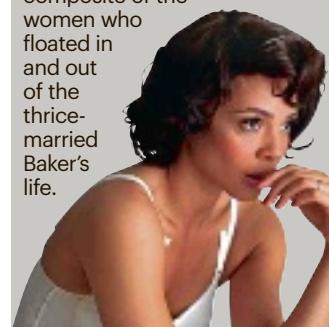
"With acting, I'm working on my King Lear now. I'll be able to do this until I am old and no use to people anymore. In athletics, it's not that way."

## SUPPORTING ROLE

### Playing the patient lover

Carmen Ejogo plays Jane, an actress and love interest who becomes the fulcrum of Baker's recovery, weathering his anger and occasional relapses with impossible patience.

In actual fact, Jane never existed, and is instead a composite of the women who floated in and out of the thrice-married Baker's life.



"There was absolute liberty to do what I wanted on this," said Ejogo, who was more bound to historical accuracy when she portrayed Coretta Scott King in *Selma*.

"He was a bit of a (expletive) when it came to women. I mean, he really was quite abusive and he really expected them to bend to his whims, and I've just heard some crazy horror stories — cornering girlfriends in bathrooms and forcing them to inject. Really horrific, awful stuff, and we don't go that far with this film."

"But I think to reveal the darker side of any mythological legendary heroic type is the most interesting space to explore," she added. THE CANADIAN PRESS

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## THE TV DINNER JESSICA ALLEN



## 'You're a beggar, on your knees, and you will take whatever we shove down your throat.' Which was pretty much my approach to Sunday's soups.

where things left off: First Lady Claire (Robin Wright) has left her husband, president Francis "Frank" Underwood (Kevin Spacey), while he's smack dab in the middle of the primaries and goes home to her mom's Texas ranch. As usual, there's plenty of treachery and scheming — only this time around, POTUS AND FLOTUS's biggest threats are each other. It's like they forgot that they're better when they work together.

I know the feeling: After we first watched House of Cards back in 2013, Simon joked that he was going to get a rowing machine, just like Frank's. It was a joke because, and God bless him, he's not what I'd call athletically inclined. To every wish list he'd add "Rowing Machine: preferably from the limited edition Frank Underwood series," which as far as I know doesn't exist. Flash forward to January 2016: after coming home from a week-long work trip,



I lugged my bag upstairs to unpack. There, in the middle of the bedroom, was a rowing machine — a cheap \$100 unit he'd purchased from Amazon while I was away. Who is this person I've been living with for 12 years? I thought. Simon explained: "You know how the only clothes you care about are leisure and sleepwear and I'm supportive? Well, my fashion goal for this year is simply to look incredible in jeans and a T-shirt. These abs aren't going to

tone themselves." I didn't have the heart to tell him that the rowing machine wasn't the quickest way to a six pack. But he was right about my obsessions with sleepwear. In a matter of minutes I had gone from wondering who he was, to asking: Who am I?

Claire is also in the middle of an existential crisis, despite always looking flawless. Many drool over her perfectly tailored dresses with three-quarter-length sleeves.

But I fixate on her pyjamas. Whether it's a crisp, white cotton night shirt or a two-piece set in black silk, her bedtime attire is extraordinary.

But there's never any flannel: all the better because if Claire Underwood warmed up, who would she be? Not the Machiavellian, cold-hearted, complicated bitch who's become one of the most engaging characters on TV. Even the (fictional) Russian president is no match for her: "I'm done letting you have your dignity," she tells him. "The truth is, you're a beggar, on your knees, and you will take whatever we shove down your throat."

Which was pretty much my approach to Sunday's soups. I wasn't following recipes for either: I just took those raw ingredients, plus some canned stuff, and I turned them into comestibles so tasty that you'd beg me for seconds.

Unfortunately they both looked like barf so there is no photo documentation to prove that they exist. If I were Frank Underwood, I'd turn to the camera right now and drawl "You'll just have to trust me."

**Jessica Allen** is the digital correspondent on CTV's The Social.

### FOOD BRIEF

#### KD still pretty yummy in synthetic orange here

Relax Canada, no one's messed with your KD — yet.

Kraft surprised American cheesy pasta lovers this week by revealing they've been unknowingly eating revamped Macaroni & Cheese — now with no artificial flavours, preservatives or dyes — for months. Calling it "the largest blind taste test in history" Kraft said they quietly swapped out artificial flavours, preservatives and dyes for spices such as paprika, turmeric, and annatto back in December, without consumers noticing.

But in Canada, we're still consuming the synthetic colouring-filled KD we've grown to know and love.

"We would invite you to try it but you already have," reads a line on Kraft's website. TORSTAR NEWS SERVICE



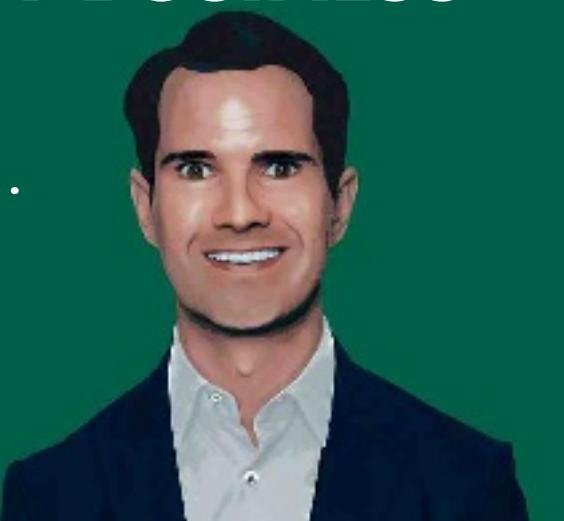
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March 14 to 18

A reduced weekday schedule will operate during March Break, due to the lower demand for service when many people are on holidays and schools are closed.

Bus arrival times will be adjusted slightly on most routes compared to the usual weekday schedule. During rush hours, many routes will have one or two fewer trips. All school routes numbered in the 600s and special trips on regular routes to elementary and secondary schools

will not operate. The O-Train Trillium Line schedule will be unchanged.

March Break schedules are available at [octranspo.com](http://octranspo.com). Get real-time bus arrivals 24 hours a day by calling **613-560-1000** or **texting 560560** plus your 4-digit bus stop number.

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# Sophie's dress choice more than a dream for Toronto designer

## FASHION

## Lucian Matis piece worn for debut at the White House

**Jessica Smith Cross**  
Metro | Toronto

The dress Sophie Grégoire-Trudeau chose for her official arrival at the White House was kept secret, unknown even to the designer who created it.

"When it comes to the government, everything's very hush-hush," said Lucian Matis, the Toronto designer who created the red and pink dress Grégoire-Trudeau wore on her state visit to the U.S. on Thursday.

It came as a surprise to him. "This morning I got all these texts, social media started and

then TV stations started calling," he said. "It's been a tremendous response, and it's quite overwhelming."

Six weeks ago, Matis received a call from Grégoire-Trudeau's stylist, Jessica Mulroney, requesting several dresses for the Prime Minister's wife to try on. He fitted her for several, leaving her with many options and not knowing if she'd wear any.

But the dress, splashed with a silk appliquéd of hand-painted orchids, stood out at the time.

"It's interesting, she was telling me about how she rarely wears crew neck, but because the dress

is so fitted it still has enough sex appeal — that it's not too revealing and is appropriate for the occasion," Matis said.

Grégoire-Trudeau was a model client, Matis said.

"I didn't expect for her to be even more beautiful in person than she is photographed, surprisingly that's even possible," he said. "And she is very down to earth and very knowledgeable of fashion and her style."

The dress ended up as a perfect choice, he said.

"The red stood out beautifully against the background of people she was surrounded by because most people wore black or darker



**I never dreamt that the first lady of Canada would be wearing it at the White House. I was quite, quite shocked.**



**Lucian Matis**

colours," he said. "And it's a Canadian colour, our flag's colour, which is wonderful."

Matis said the dress is part of his 2016 Spring/Summer collection but because he was caught by surprise he's not entirely sure which retailers are carrying it.

"I never dreamt that the first lady of Canada would be wearing it at the White House," he said. "I was quite, quite shocked."

As of late Thursday afternoon, Matis had no idea what Grégoire-Trudeau would wear to the state dinner. "I don't know," he said.

"Maybe one of ours, but maybe another Canadian designer."

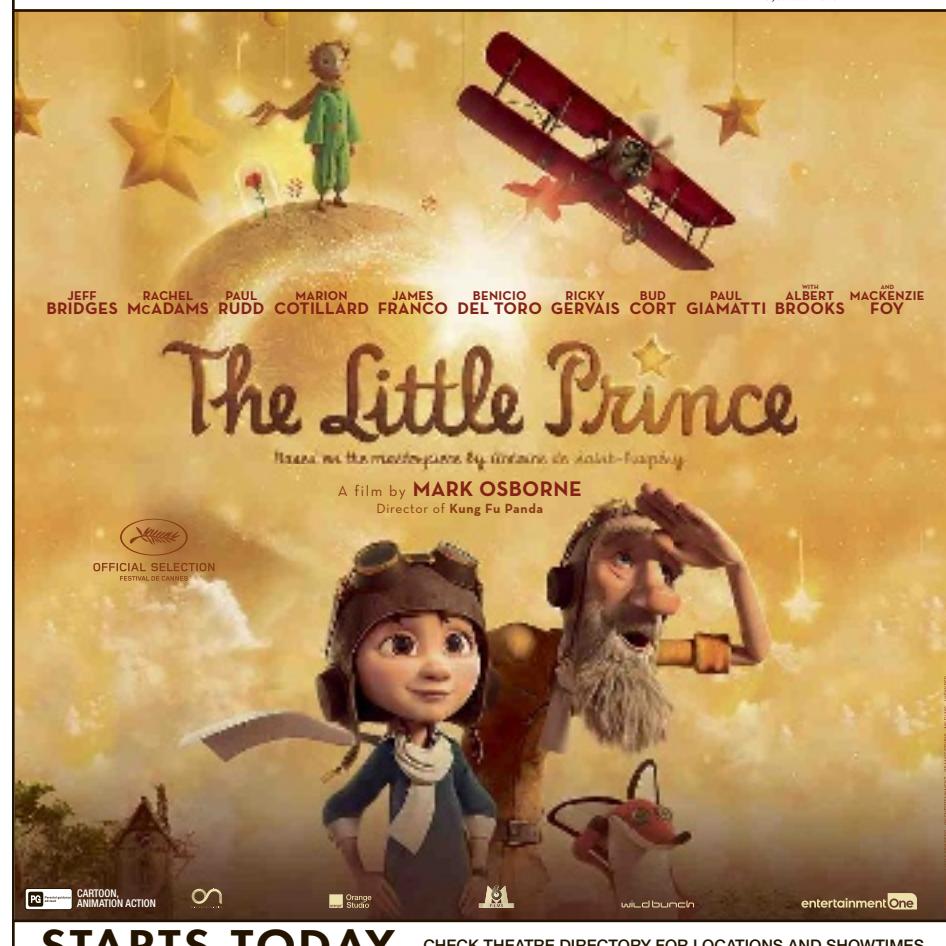
Turns out, she chose a cap-sleeved embroidered purple dress by Lucian Matis.



**Sophie Grégoire-Trudeau and First Lady Michelle Obama share a laugh during a ceremony at the White House Thursday.** OLIVIER DOULIERY/GETTY IMAGES

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Le Journal Metro



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# Grégoire-Trudeau makes splash in DC

## POLITICS

## Meet up with the Obamas puts Sophie in the spotlight

It isn't easy being first lady. Michelle Obama is expected to be gracious but whip-smart, a good public speaker but not too opinionated, a tastemaker and fashion icon but humble and down-to-earth.

Canada doesn't have anything quite like the Office of the First Lady of the United States, which has its own duties and gendered contradictions. Our political wives tend to take a back seat, appearing on television rarely and in tabloids hardly ever.

But on Wednesday, when Sophie Grégoire-Trudeau touched down at Andrews Air Force Base, it was clear she had arrived not only in D.C., but as a political celebrity in her own right.

"I think she will probably garner more press as the wife of a prime minister than any others in my lifetime," said Rosemary Sexton, a former society columnist.

Surrounded by her children and greeted by Canadian-flag-waving fans, Grégoire-Trudeau positively glowed on the tarmac.

When Grégoire-Trudeau arrived this morning for the official welcome ceremony at the White House, looking resplendent in a Lucian Matis outfit, she was affectionately greeted with the prime minister by the Obamas and those in attendance.

"We have been so warmly welcomed. It's been a blessing," she said, with Obama at her side.

On Thursday, Grégoire-Trudeau attended a "spousal program" with Michelle Obama in honour of girls' education around the world, an issue that is close to Grégoire-Trudeau's heart.

"You be fearless... You know your rights... You fight for your rights," she said, speaking dir-

ectly to young women around the world.

Sexton praised Grégoire-Trudeau's outspokenness, and said it will win her many fans both in Canada and the U.S.

"I think she's something very different, that's where her appeal lies.

"The public today don't really want a traditional, conservative couple. They had that in the Harpers and Bushes, who were good role models for their times."

Not everything she does has been a success. An impromptu song in honour of Martin Luther King Jr. Day came across as more kooky than quirky. And while Michelle Obama is applauded for wearing Jason Wu and regularly appears on The View, Grégoire-Trudeau earned eye rolls for daring to wear Oscar de la Renta in Vogue.

"Are Canadians more conservative about these things? Probably. And they're also more jealous. Canadians have that tall poppy syndrome, and when one of our own becomes a celebrity in a big U.S. fashion magazine, that's something that arouses envy in a lot of people," Sexton said.

Typically, the wives of Canadian prime ministers can have as much or as little involvement in public life as they wish. Margaret Trudeau was very much in the public eye, but more for her gallivanting than for her charity work. Laureen Harper largely avoided the press, although she came out of her shell towards the end of her husband's career.

"She's the first lady of the United States and it's a defined role," Laureen Harper told the Globe and Mail about Michelle Obama in 2013. "I'm the wife of the Prime Minister — there's no first lady in Canada. ... [The Prime Minister's wife] can have a big role, a small role, whatever."

If a prime minister's wife does accompany her husband on a state visit, her main job is to project a positive image, said Margaret Huber, Canada's for-

mer chief of protocol and a past ambassador.

So far, Grégoire-Trudeau has balanced using her new role to do good with remembering that hers is an unelected position, Huber said.

Sexton said she expects Grégoire-Trudeau's warmth and candour to play well in the U.S., where "openness in political circles is even more prevalent than it is in Canada."

TORSTAR NEWS SERVICE



Sophie Grégoire-Trudeau holds her son Hadrien while she greets students from D.C.'s Patterson Elementary School on Wednesday. CLIFF OWEN/THE ASSOCIATED PRESS

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## Party with Hardwell in Los Cabos

MEXICO

**Or, if you just wanna chill, take in some surf and sand**

**Loren Christie**  
For Metro Canada

Los Cabos has its sexy back.

After being decimated by Hurricane Odile in September of 2014, this popular tourist area at the southernmost tip of Mexico's Baja Peninsula has reclaimed its status as the go-to destination for Hollywood A-listers, party goers and sun seekers happy to bask in the region's 350 days of average annual sunshine.

The sister cities of Cabo San Lucas and San José del Cabo and the 32-kilometre stretch of beaches and luxury resorts connecting the two make up the heart of the region.

Cabo San Lucas has the buzz, offering numerous water activities from SUP yoga to whale watching.

The bars and clubs were humming on the nights we were there and for those who prefer a quieter option there are a number of outstanding restaurants to choose from.

Our cliff side dinner under the moonlight at El Farallon was a highlight.

San José del Cabo is a quiet, more traditional Mexican town.

The Art Walk, held every



Orange Veuve Clicquot stations are the only things that break up the crisp white of the pool-side area. ALL PHOTOS PETER REMUS

Thursday evening between November and June is a great time to explore.

You can check out local art as you wander through the historic gallery district.

Pop into one of the higher end galleries where they give you a shot of tequila to help you drink in the art.

The recently re-opened 170 room ME Cabo is a shining example of the region's new and improved swagger.

While the renovated guestrooms and a new Peruvian dining experience are impressive, it is the revamped pool area that is truly the heartbeat of the hotel.

Pure white poolside furniture, including solid plastic wingback armchairs, gives it a crisp modern feel.

The splashes of orange that caught my eye when I first arrived turned out to be Veuve Clicquot branded champagne

buckets, conveniently placed within arms' reach of the chaise lounges.

A DJ booth on the upper level of the swim-up pool bar sets the tone for the day playing a specially curated music soundtrack that follows the sun, light and peppy for your morning coffee in the Beach Club and amped up party remixes in the heat of the afternoon.

Guest DJs, including the

likes of Hardwell and David Guetta, can turn a Saturday at the ME pool into Cabo's "It" destination.

Although I enjoyed the pool party vibe I am, at heart, more of a beach bum.

A week of surf and sand from the comfort of one of ME's private cabanas with a postcard view of Land's End, Cabos' famous rocky promontory, was how I got my groove back.

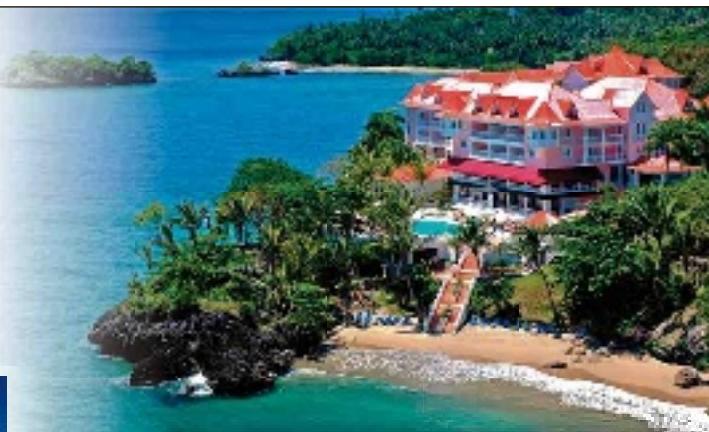


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A worker puts the final touches on a recording pod at the Grammy Museum Mississippi in Cleveland, Miss. Mississippi was chosen for its vital contribution to popular music — namely, African American blues musicians like Robert Johnson and B.B. King.

ALL PHOTOS ROGELIO V. SOLIS/THE ASSOCIATED PRESS

## Grammy museum opens in Mississippi

### MUSEUM

#### Cleveland site of new music attraction

The second and only official Grammy Museum outside of Los Angeles opens Saturday in the Mississippi Delta, cradle of the blues.

Organizers chose Cleveland, Miss. — two hours north of the state capital Jackson — for the nearly \$20 million project and promise one of the most advanced museums in the country. It's a smaller but updated version of its sister museum in California and employs high-definition touchscreens and interactive technology to chronicle American music history from before the first Grammy Awards in 1959 to the present.

The bedrock of that history is the Mississippi Delta, said Bob Santelli, executive director of the Grammy Museum in Los Angeles. The rhythmic guitar and soulful ballads of bluesmen like Robert Johnson and B.B. King travelled up the Mississippi River and across the country, influencing nearly every style of American popular music including, jazz, hip-hop and rock 'n' roll.

The state also claims the most Grammy winners per capita in the world. "Isn't that wild?" Santelli said. "You take the state of Mississippi out of American music history and you have a very large gap to fill."

The blues mesmerized musicians ranging from Tupelo na-



Grammy performance costumes.

**There's something in the water here, in the dirt. It's very deep. It's very real.**

Jessica Faith,  
musician

tive Elvis Presley to The Beatles and more in generations since, said Patricia Walker, songwriter and head of Delta State University's music department. The original bluesmen — mostly African-American men living in the Jim Crow era of discrimination in the South — lived off the land and eases their hardships through music.

"Everybody at one time or another has had the blues," Walker said. "The musicians that came out of here had to dig deep in the soil to make a living, and they dug deep to capture those feelings in their music."

Officials designed the museum — the most upscale building to come to the region — with the Delta's history in mind. Corrugated metal on the building's exterior is a nod to the tin metal sharecropper shacks many blues musicians grew up in. The entrance looks like a big front porch, a common feature of many Delta homes.

Cleveland Chamber of Commerce Director Judson Thigpen estimates the museum could bring in about \$20 million annually as a tourist draw to the entire region.

The museum was a collaborative effort to spotlight the Delta's music legacy, said Allen Hammons who helped establish the B.B. King Museum in Indianola, Miss., as well as a Blues Trail along highways in the state. In 2011 Hammons joined Walker and others to form the Cleveland Music Foundation, a non-profit foundation that built and operates the museum.

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Tom Brady's two-year extension with the Pats will give him a \$28-million signing bonus and adds \$41 million to his deal should he play it out

# One-game clash for the Clarkson Cup

## WOMEN'S HOCKEY

### Canadiennes, Inferno meet for league title

The 2016 Clarkson Cup is more Super Bowl than Frozen Four.

The Montreal Canadiens and Calgary Inferno square off Sunday afternoon at Canadian Tire Centre in Ottawa in a one-game, winner-hoists-the-Cup championship.

The Clarkson Cup was a four-team tournament since its inception in 2009 and resembled the NCAA's Frozen Four.

There are several reasons for changing the format of the Canadian Women's Hockey League's showcase event, according to commissioner Brenda Andress. Maximizing available time slots both on television and in an NHL arena are two of them.

"The timing of it on a Sunday, it's good for TV viewership for sure," Inferno captain Brianne Jenner said. "To see the Ottawa Senators offer up their rink for the Clarkson Cup is another step in the right direction."

The semifinal games, once part of the Clarkson Cup tournament, were turned into separate best-of-three playoff series Feb. 26-27.

The Canadiens (21-3) and Inferno (16-8) finished first and second respectively in the regular season.



Canadiennes goaltender Charline Labonte stops the Inferno's Jillian Saulnier during CWHL action in February. DAVE HOLLAND/CALGARY INFERNO/THE CANADIAN PRESS

12

**The number of players in the championship game that were named to the Canadian roster for the upcoming women's world hockey championship.**

They had home-ice advantage in sweeping the Toronto Furies and Brampton Thunder in two straight.

"We wanted to provide the opportunity for those fans who supported them all year long to see the first round," Andress explained.

"It's also a good thing for competitiveness. Why should I finish first or second? You get the hometown series."

The Inferno lineup includes the likes of Hayley Wicken-

heiser, Rebecca Johnston and Meaghan Mikkelson, while the Canadiens are led by Marie-

Philip Poulin and goaltender Charline Labonte.

The Canadiens were 4-2 versus the Inferno during the regular season.

"Both teams play with a lot of speed and a lot of offence," said the Canadiens' Julie Chu. "I think we're going to see a lot of that, especially the transition game is going to be huge."

"We know it's a one-shot deal and we've got to be prepared. Everyone should be really well rested." THE CANADIAN PRESS

## TENNIS

### Racket company stands by Sharapova

Maria Sharapova's racket supplier became the first main sponsor to publicly back the five-time Grand Slam champion after she admitted to failing a doping test.

Austria-based company Head announced Thursday it was planning to extend its sponsorship deal, three days after Sharapova revealed her use of the banned substance meldonium.

Head CEO Johan Eliasch said Sharapova has made "a manifest error" by her continued use

of the drug after it was banned, but added there was no "evidence of any intent by Maria of enhancing her performance or trying to gain an unfair advantage."

Eliasch said his brand, which started sponsoring Sharapova in 2011, "is proud to stand behind Maria, now and into the future and we intend to extend her contract. We look forward to working with her and to announcing new sponsorships."

THE ASSOCIATED PRESS

“

**She has earned the benefit of the doubt and we are extending it to her.**

Head CEO Johan Eliasch

## MLB

### Jays winners in Joey Bats' spring debut

New York closer Aroldis Chapman and Toronto slugger Jose Bautista both made their spring training debuts Thursday during the Blue Jays' 11-4 win over the Yankees.

Chapman hit Bautista with a pitch in the fifth, when the left-hander gave up a run, hit two batters and walked two others during two-thirds of an inning. Chapman reached 99 m.p.h. and was consistently around 96-97, but 17 of his 26 pitches were balls.

Acquired from Cincinnati in December, Chapman will begin serving a 30-game suspension at



Jose Bautista GETTY IMAGES

the start of the season, a penalty he agreed to under baseball's new domestic violence policy.

Bautista was a designated hitter for five innings. He earlier popped out and struck out.

THE ASSOCIATED PRESS

## BRIER

### Page playoff window quickly closing

Alberta's Kevin Koe and Brad Gushue of Newfoundland and Labrador joined Northern Ontario's Brad Jacobs in the playoff mix at the Tim Hortons Brier on Thursday.

Manitoba's Mike McEwen was the favourite to earn the fourth and final spot with two draws of round-robin play to go.

The playoff picture became clearer at the national men's curling championship after the morning draw. Several teams — including Canada's Pat Simmons — were left clinging to the faint chance of an appearance



**There's no time to let up. We've got to continue to play well and keep this momentum going.** Brad Jacobs

in a tiebreaker game.

Gushue came through with a hit on his final throw to edge B.C.'s Jim Cotter 8-7 while Koe dumped Simmons 8-3.

Jacobs and McEwen had the morning off. When the two teams played in the afternoon, unbeaten Northern Ontario picked up an 8-5 win to secure

a berth in the Page playoff 1-2 game.

Gushue will provide the opposition for Jacobs on Friday night after he outscored Prince Edward Island's Adam Casey 11-7.

After 15 draws, Jacobs was 9-0 and Gushue was next at 9-1. Koe was in third place at 7-3 and Mc-

Ewen held fourth place at 6-3.

Team Canada headed into its evening match against Ontario with a record of 5-5. Its players were crushed after the morning loss.

"You look at those top four teams that are going to be in the playoffs and we didn't beat any of them," said Canada lead Nolan Thiessen. "So that's a recipe for going home early."

THE CANADIAN PRESS

Go to [metronews.ca](http://metronews.ca) for more Brier coverage.

## IN BRIEF

### Additional video official recommended for CFL

The CFL's rules committee is recommending the addition of another video official this season.

The official would be in the league's command centre and be able to fix obvious errors that aren't challengeable by replay.

The recommendation highlights proposed changes made Thursday by the committee, which must be approved by the CFL's board of governors to be implemented.

THE CANADIAN PRESS

### Hall-of-Fame reliever criticizes Bautista bat flip

Hall-of-Famer Goose Gossage has criticized Toronto star Jose Bautista for the way he celebrated a home run during the playoffs last year.

Gossage called Bautista a "disgrace to the game" during a profanity-laced interview in Tampa on Thursday.

"He's entitled to his opinion," Bautista said.

"I'm not going to start picking a fight, let alone with a Hall-of-Famer."

THE ASSOCIATED PRESS

**RECIPE** Coconut French Toast

PHOTO: MAYA VAN NEE

**Ceri Marsh & Laura Keogh**  
For Metro Canada

You could get organized for a leisurely breakfast. Or, you could remind yourself that you're an adult and if you want to have French toast for dinner on a Friday night, you darn well can.

**Ready in**  
Prep time: 10 minutes  
Total time: 20 minutes

**Serves 4**

**Ingredients**

- 1/2 cup shredded coconut
- 1 cup coconut milk
- 3 eggs
- 1 Tbsp sugar
- 1/2 tsp cinnamon
- Pinch salt
- 8 thick slices of thick bread
- Pat of butter for cooking

**Directions**

1. Preheat oven to 350 F.
2. Sprinkle the shredded coconut on a baking sheet and place in the oven for about 10 minutes, stirring once, until the coconut just begins to brown. Remove and set aside.
3. In a shallow bowl, whisk together coconut milk, eggs, sugar, cinnamon and salt until everything is well combined.
4. Dip your bread into the egg mixture and allow it sit for a couple of minutes on each side to really drink it in.
5. In a large skillet, melt the butter over medium heat then lay down your soaked bread. Allow each side to cook until golden brown, about 3 to 5 minutes each side.
6. Repeat with the second batch. Serve with a sprinkling of toasted coconut and maple syrup.

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**CROSSWORD** Canada Across and Down

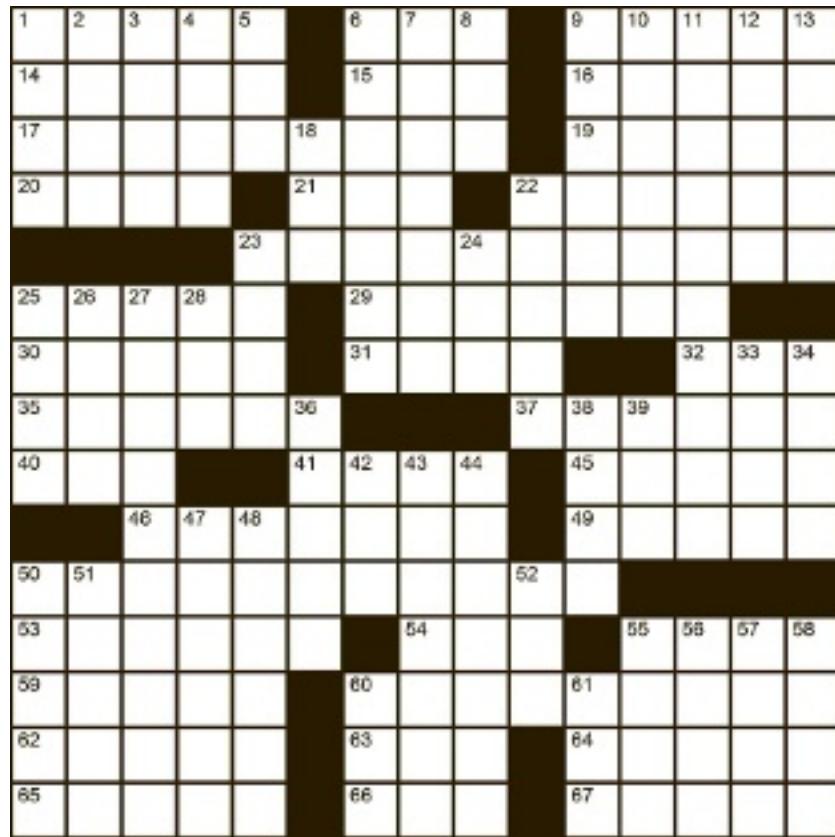
BY KELLY ANN BUCHANAN

**ACROSS**

1. Full range
6. Reporter's need
9. Financial investments for the future, commonly
14. England: The O2, for one, in London
15. Ear-meaning prefix
16. Other, in Outremont
17. Things to fasten in the car
19. Hair accessory
20. Gloriole
21. Un-truth
22. Comparably lengthy: 2 wds.
23. "The Red Green Show" hangout: 2 wds.
25. Steve Miller Band's "The \_"
29. \_\_\_\_ Channel (Canadian network delivering around-the-clock headlines)
30. Country rocker Steve
31. Golfing great Mr. Aoki
32. Hebrides hat
35. "The Ren & \_ Show" (Cartoon created by #27-Down)
37. Ground sesames paste
40. Canada's buy-from-home network
41. Dwindles
45. Strikes of lightning
46. Eat healthy and exercise ...do this as a result: 2 wds.
49. Comic actor Eric's
50. Quilted gift of honour in Plains cultures: 2 wds.
53. "Oh, well, I'll manage." 2 wds.
54. Faint
55. Conserve
59. \_\_\_\_ Cologne
60. Airport-to-limo-to-estate-to-yacht sort

**DOWN**

1. Large cut
2. "Diamonds \_\_\_\_ Girl's Best Friend"
3. Dish
4. Posh preposition
5. Diet soft drink
6. College major, commonly: 2 wds.
7. Bears witness
8. Lively parties
9. Compete in the WWE, colloquially
10. Be short on supplies: 2 wds.
11. What time did for that seeming eternity: 2 wds.
12. Tine
13. Swamp plant

**CONCEPTIS SUDOKU** by Dave Green

Every row, column and box contains 1-9

2	3		6	7
8		4		5
1		7		
	5		9	2
1			4	
7		2	6	
			1	9
4		8		7
7	5		1	3

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**\* IT'S ALL IN THE STARS** by Sally Brompton

**Aries** March 21 - April 20  
If you want to be successful you must be consistent. You may want to change things around but you must either move in a new direction and stay moving in that direction, or resist the temptation altogether.

**Taurus** April 21 - May 21  
Are you dissatisfied with your lot? Are your talents being wasted? If so, do something about it. That means now, not tomorrow or the day after. And it means something real, not just another daydream.

**Gemini** May 22 - June 21  
You must push your own needs and desires aside and do what you can to help those who, for whatever reason, are incapable of helping themselves.

**Cancer** June 22 - July 23  
Something you see or hear will get you thinking along new lines and there's no telling in which direction your thoughts will take you. It's time to leave your comfort zone. There's a whole world out there waiting.

**Leo** July 24 - Aug. 23  
Any doubts you may have about a money matter will be swept aside. Cosmic activity in the wealth area of your chart suggests that if you take a risk it will pay off big time.

**Virgo** Aug. 24 - Sept. 23  
Friends can only help you so much — you must have the courage to follow your star. Jupiter in your sign indicates wild success but the day-to-day effort must come from you.

**Libra** Sept. 24 - Oct. 23  
Others may counsel caution but if you listen to all those who have something negative to say you would never get much done. Despite their misgivings the world is not all bad.

**Scorpio** Oct. 24 - Nov. 22  
Sit back, relax and let fate guide you. You may have big ambitions but you don't have to hammer away at them each and every day. Even a Scorpio needs some down time. You certainly will need it today.

**Sagittarius** Nov. 23 - Dec. 21  
It's time to get serious about what you want to accomplish. Never doubt that you have something to offer. You're a Sagittarius — you were born to make a difference.

**Capricorn** Dec. 22 - Jan. 20  
You will eventually get the chance to rise in your work or career, but it will happen sooner if you get in the habit of believing that you deserve to be a leader rather than a follower. Take advantage of new opportunities.

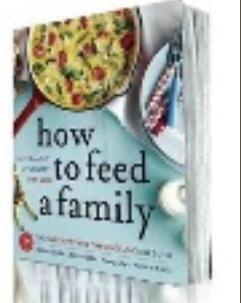
**Aquarius** Jan. 21 - Feb. 19  
You're worrying too much about planning. Once the ball starts rolling most problems will take care of themselves. And don't try to do it all on your own. There's always someone you can turn to.

**Pisces** Feb. 20 - March 20  
Certain people are trying to keep you out of the information loop but today will reveal why they found it hard to confide in you.

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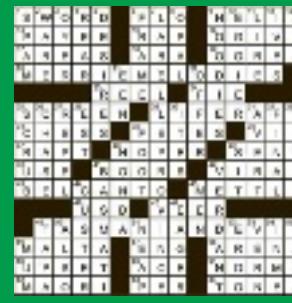
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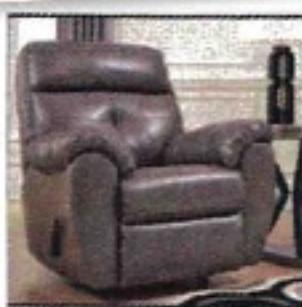


2	1	7	8	3	5	6	4	9
9	6	8	4	2	7	5	3	1
5	3	4	1	6	9	7	2	8
7	8	5	2	9	3	1	6	4
3	2	1	6	4	8	9	5	7
6	4	9	5	7	1	2	8	3
8	9	2	7	5	4	3	1	6
1	5	3	9	8	6	4	7	2
4	7	6	3	1	2	8	9	5



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